EFFICACY OF YOGA THERAPY WITH AND WITHOUT AYURVEDIC DIET MODIFICATIONS ON SELECTED RISK FACTORS AMONG ADULT WOMEN SUFFERING WITH POLY CYSTIC OVARIAN SYNDROME

SYNOPSIS

Of the Dissertation submitted to the Meenakshi Academy of Higher Education and Research (Deemed to be University) Chennai for the partial fulfillment of the requirements For the award of Degree of

DOCTOR OF PHILOSOPHY

IN

YOGA

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JUNE-2022